Simple-Prakriti-App: Simplified Prakriti Self-Assessment

Aim: Provide a minimal, easy-to-run Flask app to perform a quick Prakriti (Vata/Pitta/Kapha) self-assessment. This single-file version avoids template/static path issues by using an inline template.

Quick Setup

1. Create a folder named `simple-prakriti-app`.
2. Inside it, create `app.py` and `requirements.txt` (contents below).
3. (Optional) Create and activate a virtual environment:

```bash
python -m venv venv
venv\Scripts\activate   # Windows
source venv/bin/activate  # macOS / Linux
```

4. Install dependencies:

```bash
pip install -r requirements.txt
```

5. Run:

```bash
python app.py
```

6. Open browser: `http://127.0.0.1:5000/` (or your local IP if using host `0.0.0.0`).

Files

`app.py` (single-file simplified app)

* Uses `render_template_string` so you don't need separate `templates/` or `static/` folders.
* Six questions (physical + mental) and a short reflection.
* Minimal scoring and report generation.

(See the `app.py` file in this document for the full runnable code.)

`requirements.txt`

```
Flask==2.3.3
```

Prakriti Self-Assessment Questionnaire

Objective: To help students identify their own body constitution (Prakriti) by observing physical, mental, and emotional traits.

Physical Traits Observation

Skin: Observe your skin type.

○ Dry (Vata)

○ Oily (Pitta)

○ Balanced (Kapha)

Additional notes on skin...

Body Build: Note your body frame.

○ Naturally thin (Vata)

○ Muscular (Pitta)

○ Heavier build (Kapha)

Additional notes on body build...

Hair: Check your hair type.

○ Dry/Thin (Vata)

○ Oily (Pitta)

○ Thick (Kapha)

Additional notes on hair...

Daily Habits and Preferences

Diet: Note your dietary preferences.

○ Warm/Sweet (Vata)

○ Cool/Spicy (Pitta)

○ Balanced/Sweet (Kapha)

Specific preferences or notes...

Sleep: Reflect on your sleep patterns.

○ Light/Trouble sleeping (Vata)

○ Moderate (Pitta)

○ Deep (Kapha)

Additional notes on sleep...

Energy Levels: Assess your energy levels throughout the day.

○ Fluctuating/Fatigue (Vata)

○ Energetic (Pitta)

○ Balanced/Steady (Kapha)

Additional notes on energy...

Environmental Reactions

Weather Preferences: Consider your reaction to different weather conditions.

○ Warm (Vata)

○ Cool (Pitta)

○ Warm and dry (Kapha)

> Additional notes on weather...

Stress Response: Observe how you respond to stress.

○ Anxious (Vata)

○ Irritable (Pitta)

○ Calm (Kapha)

> Additional notes on stress response...

Reflection

Write a reflection on your findings (after analysis).

> How do these traits influence your daily life, health, and well-being? What steps can you take to maintain balance according to your constitution?

[Generate Report]